

ZOOM WEBINAR  
ONE DAY WORKSHOP



# UNDERSTANDING PAIN

**Empowering clients with Chronic Pain**

COVID-19  
Discount  
~~\$349~~  
**\$275**

Strictly Limited Places

**Tuesday October 27th 2020**

ESSA CPD: 7 points

**REGISTER NOW!**

FOR INSURERS, OCCUPATIONAL REHAB PROVIDERS, EMPLOYERS & TREATING HEALTH PRACTITIONERS

## UNDERSTANDING PAIN

Presented by:

**ANJELO RATNACHANDRA**

*BSc Physiotherapy (Hons), Grad Cert  
Counselling, Cert CBT, Cert REBT*

- Specialises in treatment of chronic pain, chronic fatigue, and mental illness
- Author of the popular self-guiding book *Beyond Pain*
- Inaugural winner of Worksafe's (Vic) Treating Health Practitioner Award
- Recipient of numerous awards in the Occupational Rehabilitation industry
- Contributed towards several research papers in pain & fatigue management
- Extensive experience in Occupational Rehabilitation, and in research-based chronic illness management
- Guest speaker at national & international events, and at popular speaking circuits

### COURSE SESSIONS INCLUDE:

- Unique, yet simple ways to explain how pain works and influences our lives
- Utilising "The Disability Model"
- Asking the KEY questions
- Effective Pain Management – what actually works
- Complex case studies
- Practical Sessions and Feedback

# UNDERSTANDING PAIN

## COURSE OUTLINE

9:00AM - 4:30PM

### Module 1

#### **Pain - the inside story**

Before you start helping a client with a pain condition, it is important to have a thorough understanding of pain yourself. This session explains how pain works in your body and the changes that occur when pain becomes chronic.

### Module 2

#### **Pain - practical**

How to explain pain to client and colleagues in an easy-to-understand manner.

### Module 3

#### **Disability Model**

To understand what a client i pain is going through, it helps to know how pain affects their lives. This session demonstrates how pain affects a person using the disability model. It allows users and case managers to identify psychosocial factors with ease and generate appropriate strategies.

### Module 4

#### **Practical**

This practical teaches you how to explain the pain-related disability model to your clients in an easy-to-understand way. It teaches how to explain the importance of getting back to activity including return to work in a way that will motivate your clients.

### Module 5

#### **Asking the right questions**

It is important to ask the right questions to help a client. This session looks at the right questions to ask the client, the employer, the GP/therapist, and yourself to address the bio-psychosocial issues and promote a return to activity. This session also focuses on questioning to identify motivation drivers - factors that underpin psychosocial factors.

### Module 6

#### **Practical**

This practical looks at how to tailor your questions.

### Module 7

#### **Current Research**

To support the client with a pain condition, you need to know what the current research says about what works in effective pain management. This session looks at what effective pain management entails, what the therapist(s) should be focusing on, and what is missing at present!

### Module 8

#### **Case Studies**